



# Carlisle Connection

Serving  
Carlisle's 60+  
Community



SEPTEMBER / OCTOBER 2020

COA Website: [carlislema.gov](http://carlislema.gov) (click on "Council on Aging")

Friends of COA: [www.carlisle.org/foccoa](http://www.carlisle.org/foccoa)

66 Westford Street Carlisle, MA 01741

## Message from the Director

As fall approaches, we have been living with the pandemic and the resulting restrictions for six months. Almost everyone I speak with is expressing frustration, fatigue and worry, looking forward to a future that resembles their pre-COVID life while wondering when and how that is going to happen. Given the constraints and guidelines we are all adhering to in order to keep our community as safe as possible, the COA staff has been working hard to find new opportunities to provide connection, enrichment and joy.

It was wonderful to be able to greet so many people who drove in to enjoy the fabulous String Trio Concert at the Congregational Church featuring Rebecca Gitter, Lucia Lin and Mickey Katz of the Boston Symphony Orchestra. The Drive-Thru Coffee and Pastry was also a big hit, with more than 50 people coming by the fire station to pick up their breakfast order. The monthly haircuts at the fire station continue to be filled to capacity and I am enjoying meeting seniors through various Zoom coffees and senior moments.

There have been some exciting developments over the summer that I wanted to share with you. With funding from the Concord Carlisle Community Chest and a Special Appropriation from the Town, the COA was given approval to add a part-time Outreach/Social Worker to our team. I am pleased to report that Carol Grueneich joined us on August 17<sup>th</sup>. Everyone on the search committee, which included all COA office staff and a representative from the COA Board, is delighted to welcome Carol to Carlisle. You can read more about Carol and her new role on page 4.

Another new development, due to the persistence and creativity of Angela Smith, is the in-person exercise classes which have started on a pilot basis. The first session

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runs from August 17<sup>th</sup>-September 11<sup>th</sup> at the bays at the fire station, and includes classes in Cardio, Fitness, Line Dancing and Zumba. The response so far has been very enthusiastic, and if all goes well we plan to offer more classes in the fall. Huge thanks to Angela, Chief Sorrows and Linda Fantasia for their diligence and collaboration around planning and organizing these classes.

We were fortunate to receive a generous increase in our annual grant from the Friends of the Carlisle Council on Aging which will enable us to offer additional emergency assistance to Carlisle seniors. These funds may be used by seniors in financial need to help with food, fuel, rent, medical bills, car repairs and other essential expenses. If you would like to apply for emergency assistance, please call us at (978) 371-2895 and ask for Joan or Angela.

Finally, I want to encourage you to reach out to us for any reason. The COA is open daily from 10 am- 2 pm and someone is always in the office to answer your call or meet with you. I hope to see you (from 6 feet away) at our upcoming events and activities throughout the fall.

Warm Regards,

*Joan*

### COA Office Hours By Appt. Only

Mon.-Thurs.: 10 am-2 pm  
Fri.: 10 am-1 pm

Main Office:  
(978) 371-2895

Transportation Line:  
(978) 371-6690

Director:  
(978) 371-6693

### COA Staff

Director: Joan Ingersoll  
[jingersoll@carlislema.gov](mailto:jingersoll@carlislema.gov)

Outreach & Prog. Mgr.: Angela Smith  
[asmith@carlislema.gov](mailto:asmith@carlislema.gov)

Transportation Coord.: Debbie Farrell  
[coaride@carlislema.gov](mailto:coaride@carlislema.gov)

Program Asst.: Linda Cavallo-Murphy  
[lcavallomurphy@carlislema.gov](mailto:lcavallomurphy@carlislema.gov)

Program Asst.: Myriam Fleurimond  
[mflaurimond@carlislema.gov](mailto:mflaurimond@carlislema.gov)

Social Worker: Carol Grueneich  
[cgrueneich@carlislema.gov](mailto:cgrueneich@carlislema.gov)

LICSW: Peter Cullinane

### COA Board Officers

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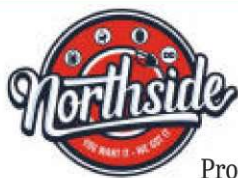
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## TRANSPORTATION



**Transportation Line: (978) 371-6690 or email: [coaride@carlislema.gov](mailto:coaride@carlislema.gov)**

COA transportation services are available to all seniors, and to adults with disabilities in Carlisle. For more information, please call our Transportation Line.

### Free Grocery Shopping & Delivery by the Carlisle Neighbor Response Team

Seniors who are in need of groceries, pharmacy items, library books or other essential items are encouraged to contact our Carlisle Neighbor Response Team, Monday-Saturday, 9 am to 5 pm at (978) 254-0508 for FREE delivery. This group of dedicated Carlisle volunteers is available to help Carlisle seniors who do not have anyone else to provide these services.

### Donations/Fees\*

Transportation within Carlisle is FREE; rides within 15 miles, suggested donation \$2; rides over 15 miles, \$5. \*Parking fees are the responsibility of the rider.

**Please Note - Because of Governor Baker's order requiring face masks, all COA transportation clients in addition to our drivers will be required to wear a mask in our COA vehicles until further notice. If you need a face mask please contact the COA at (978) 371-2895 and we will provide you with one. We want to ensure everyone that all our vehicles are disinfected after each use and we are following all COVID-19 guidelines required by the state.**

## MISCELLEANOUS



**CONCORD-CARLISLE  
COMMUNITY CHEST**

### Neighbors Helping Neighbors

#### **Join us in Support of our Community**

The Concord-Carlisle Community Chest will launch its 2020-2021 Annual Campaign on October 1st, with a goal of raising and granting \$500,000 to non-profit human service organizations in our community. The Community Chest relies on the generosity of Concord and Carlisle residents to reach this goal and supports many local organizations such as the Carlisle COA's vital programming. We hope that all residents will consider a donation to the Community Chest to help our neighbors most in need. For more information or to make a donation, please visit [www.cccommunitychest.org](http://www.cccommunitychest.org) or contact Jennifer Ubaldino at (978) 369-5250.

### Carlisle Phone Pals

Call the volunteers waiting to chat through Carlisle's Phone Pal program (978) 254-1016. Maybe even arrange to have your phone pal chat with you in person at a safe distance outdoors.

### Do You Need a Face Mask?

Effective May 6<sup>th</sup>, Governor Baker issued an order requiring face masks or cloth face coverings in public places where social distancing is not possible. If you need a face mask, please contact the COA at (978) 371-2895 and we will provide you with one. They will be delivered by our wonderful Carlisle Neighbor Response Team. We were very lucky to receive a supply of beautiful homemade masks made by Sewists for Good and other generous volunteers.



Cover your  
face



Wash your  
hands



Socially  
distance



Did you know if you live in Carlisle (*regardless of age*) and are in need of **medical equipment** due to upcoming surgery or recent accident, the Carlisle COA may have just what you need to borrow? We have a stock of walkers, raised toilet seats, canes, crutches, shower chairs, wheelchairs, and more. Just give us a call at (978) 371-2895 if you need something.



## OUTREACH with Angela

### Stretch Your Dollars, Save on Food Costs and Get Some Needed Help

This pandemic has created some very unusual situations for many of us. In June, Massachusetts had the highest unemployment rate across the US with 17.4%. I've heard that Carlisle's rate is 9.4%, and I suspect that doesn't include the impact caused by reduced salaries and higher than expected expenses. So many of us are feeling strapped. But be encouraged because there is help!

- 1) Carlisle is blessed by having several wonderful food relief organizations available to help. You can find this information quickly by going to: [carlislema.gov/436/Outreach-Services](http://carlislema.gov/436/Outreach-Services) and clicking on "Food Relief Resource Guide."
- 2) We are also blessed with support from Gaining Ground in Concord [gainingground.org/](http://gainingground.org/), a wonderful non-profit farm. Call the COA to discuss being added to our list of recipients.
- 3) Another amazing resource was put in place: food distributions offered by CCHS, which during the summer featured Gaining Ground produce and an array of perishables and non-perishables including frozen prepared meals provided by Open Table. As I write this, so much is uncertain about school's opening, that I am not sure if this will continue into the fall, but check [concordcarlisle.org/](http://concordcarlisle.org/) under Superintendent's message for an update.
- 4) You can apply for SNAP (what was called food stamps). See: [benefitscheckup.org/fact-sheets/factsheet\\_nutrition\\_ma\\_snap\\_program/#/](http://benefitscheckup.org/fact-sheets/factsheet_nutrition_ma_snap_program/#/) or call the state's Hotline at (866) 950-3663 to see if you can apply by phone. If you need help with applying, call the COA at (978) 371-2895.
- 5) If you can afford your groceries, but you just can't or shouldn't go to the store, remember the Carlisle Neighbor Response Team (CNRT), headed by Lauree Eckler is there to help you with grocery and pharmacy deliveries; simply call (978) 254-0508 Mon.-Sat., 9 am - 5 pm.

We realize that food may not be the only area that you are struggling with. If you have other concerns, please call the COA at (978) 371-2895 and we'll see what other resources may be available. If you are reading this and you aren't 60 yet, know that there is an amazing resource to support you, Bonny Wilbur, the Concord/Carlisle Community Service Coordinator. You can reach her at (978) 318-3034.

May you all be healthy and try to find the good in something every day.

**Happy Fall, Angela**

### COA Welcomes New Outreach/Social Worker



We are delighted to welcome Carol Grueneich to the Council on Aging as our new Outreach/Social Worker. Carol comes to us from the Chelmsford Senior Center where she was the Coordinator of the Companion Program, a program which trains companions to support the social and emotional needs of seniors through home visits. Carol has a master's degree in Community Health Education and has completed additional graduate work in The Psychology of Aging, Comprehensive Approach to Aging Confidently, Geriatric Posture and Balance and Mindfulness Based Stress Reduction. Carol is passionate about healthy aging and enjoys working collaboratively with seniors to solve problems, identify resources and maintain their independence.

In her new role, Carol will assist seniors and their families to assess and identify needs, facilitate access to services, provide information on resources including housing, healthcare, home care, nutrition, financial and legal services, assist with applications for fuel assistance, nutrition assistance and other public benefits, and plan and implement outreach events, programs and groups to address the dynamic needs of Carlisle's seniors.

Carol lives in Chelmsford with her husband and son where she enjoys growing tomatoes and flowers. Fitness is a central part of her life, including hiking, bicycling, and cross-country skiing at Great Brook Farm, when there is enough snow.

The COA team is looking forward to working with Carol and to expanding our capacity to serve the growing number of seniors in town. We are grateful to the Concord-Carlisle Community Chest for their support and to the residents of Carlisle who overwhelmingly voted in favor of allocating funding for this position at Town Meeting.



## COA EVENTS

### Subs & Serenade

**Sept., 9, 11:30 am, Carlisle Fire Station**

Once again, the Friends of the Carlisle Council on Aging are generously funding a pop-up drive-thru café, but this time it's subs for lunch. If you would like a FREE 5" Ferns ham & cheese, turkey & cheese, Italian or veggie sub with your choice of oatmeal raisin or chocolate chip cookie and a small bag of chips, call the COA at (978) 371-2895 by noon on Thursday, Sept. 3 to register and let us know your sub selection. On Sept. 9 arrive at the east side of the Carlisle Fire Station as follows: If your last name begins with: A – C 11:30 am; D – L 11:40 am; M – R 11:50 am; S – Z 12:00 pm. As you drive-thru and pick up your lunch, enjoy a serenade from Kenny Selcer - a warm and eclectic performer who plays a wide range of material: folk rock, blues, country and reggae and more!

### Martin Luther King, John F. Kennedy, and the Presidential Election of 1960

**Monday, October 5, 1 pm**

Join us on Zoom for a Community Conversation led by Frank Rigg, former Curator at the John F. Kennedy Presidential Library and Museum, entitled "Martin Luther King, John F. Kennedy, and the Presidential Election of 1960." Frank will illustrate how a phone call changed the political structure of the United States through an intricate tale of strange bedfellows, accidental and unplanned developments, human responses to human circumstances and individuals entangled in social and political cross-currents acting in ways they had hoped to avoid. In hindsight, the story reveals the unfolding of change in our nation's history that holds significance for us today. Call the COA at (978) 371-2895 to register by September 30 and receive the link.

### Message from the

### CPS 6<sup>th</sup> Grade Spaghetti Supper Committee

The Carlisle Public School 6<sup>th</sup> Grade Spaghetti Supper may look different this year but the goals remain the same: Carlisle celebrating community, teaching responsibilities, and giving back. While the year 2020 has brought challenges and heartbreak, the class of 2023 is determined to keep the tradition strong. Please visit our website, [www.spaghettisupper.org](http://www.spaghettisupper.org) for more information and to learn the way we plan to come together as a community.

### Senior Flu Clinic

**Date/Time To Be Determined**

Due to COVID-19, details for this year's Flu Clinic are still TBD. Stay tuned! Sponsored by the Carlisle BOH and supported by the Carlisle COA. This clinic will provide the influenza vaccine to seniors 65+. **Your Medicare card will be required to participate.**



### Medicare Open Enrollment Presentation **Tuesday, October 27, 2 pm, Via Zoom**



From October 15 through December 7, you can make any necessary changes to your Medicare coverage effective for January 1, 2021. The Minuteman Senior Services SHINE Program can help to examine your plan and compare it to others available in your area. Clyde Kessel, our COA Shine Counselor, will make you aware of things to consider when evaluating your health plan and answer questions for beneficiaries, family and caregivers. Please call the COA at (978) 371-2895 by Friday, October 23 to register and acquire Zoom info.

SHINE provides accurate, unbiased information regarding health insurance and prescription drug options through community education and free, confidential counseling for Medicare beneficiaries and their caregivers. Minuteman Senior Services provides a variety of services that help seniors and people with disabilities live in the setting of their choice. For more info, call toll-free (888) 222-6171 or visit [www.minutemansenior.org](http://www.minutemansenior.org). If an individual SHINE appointment is needed, please call the COA at (978) 371-2895.



## VIRTUAL HAPPENINGS & OFFERINGS



### **Community Book Club** **Sept. 14 & Oct. 5 @ 10:30 am**

The Community Book Club will meet via Zoom this fall. Please visit [www.gleasonlibrary.org](http://www.gleasonlibrary.org) for more information. Please either sign up through the Library's website, send an email to Martha at [mpatten@gleasonlibrary.org](mailto:mpatten@gleasonlibrary.org), or leave a message at (978) 369-4898 to receive the Zoom meeting link. If you are not already a Zoom user, library staff are available to help walk you through it over the phone ahead of time, or there is a dial-in option to join the meeting by phone. All are welcome! Sponsored jointly by the Carlisle COA and the Gleason Public Library.

### **Reading Poetry Anew** **Sept. 1 & Oct. 6 @ 10:30 am Via Zoom**

Dip or dive into the pleasures of poetry. This informal course, led by Mary Zoll, will include poetry readings and reactions, discussions of the patterns and techniques used in the poems, and perhaps some intellectual understanding of the poems. Please email Martha Feeney-Patten at [mpatten@gleasonlibrary.org](mailto:mpatten@gleasonlibrary.org) or leave a message at (978) 369-4898 for more information.

### **Virtual Senior Moments** **Sept. 14, 28 & Oct. 12 & 26 @ 9:30 am**



With a cup of coffee or tea in hand, spend a morning in the company of your senior friends & neighbors virtually via Zoom. Contact the COA at (978) 371-2895 if you would like to participate and we will email the Zoom link to join.

### **Gleason Library Curbside Pick-Up**



The Gleason continues to offer no-contact curbside pickup service. Curbside hours are: Mon., Tue., Thu., Fri.: 10am-5pm; Wed.: 1-7pm; and Sat.: 10am-1pm. You can request items online any time, or by phone at (978) 369-4898 during the stated hours. The building still remains closed to the public, however, **interlibrary delivery service is now available** - items from other libraries may take slightly longer than usual to arrive. If you can't find what you're looking for, call or email [info@gleasonlibrary.org](mailto:info@gleasonlibrary.org) and a Library staff will pick out some suggested alternatives for you and notify you when they're ready for pickup. Returns are still being accepted in the Library's outside dropboxes, 24/7. Please call or check the Library's website for updates. Carlisle Neighbor Response Team (CNRT) volunteers can also pick up books and other library items for seniors. Please see page 3 for CNRT contact information under the "Transportation" section.

### **Digital Coffee & Conversation** **Sept. 3, 17 & Oct. 1, 15 & 29, 10:30 am**

Join Jean Bagnaschi, Shee Shee Van Inwegen, or another interesting COA volunteer for a time to connect online. Have a cup of coffee and chat about what is on your mind (let's try to avoid politics), what matters to you, or what is happening around us! Bring a friend, make a new friend, enjoy the company of neighbors. You can participate via a secure Zoom connection, landline, or cell phone. Register by calling the COA at (978) 371-2895 and leave us your name, phone #, and email address. The Zoom meeting link and information will be emailed to you.





## More COMMUNITY PROGRAMS & INFO



### **Virtual Partners in Rhyme** **-Poetry for the Time of Corona-** **10/14, 11/18, 12/9, & 1/13** **@ 10:30 am - 12 pm, Via Zoom**

Poetry is an effective resource that can help contain anxiety during unsettling times, like these. Poetry enthusiasts (and skeptics too!) are invited to join a convivial Zoom gathering where we'll read and discuss inspirational poems by contemporary and classic poets, share personal reactions, and do some reflective writing. No writing experience is necessary -- just a willingness to explore and exchange ideas with friends and neighbors. Facilitated by Patti Russo, MS, Poetry Therapy Practitioner. Please call the COA at (978) 371-2895 by Oct. 1 to reserve your spot. Space is limited.

### **"The Gleason Knitters" Online**

**September 4 & October 2, 10:15 am**

The Gleason Knitters, an online knitting group, meets the 1<sup>st</sup> Friday of every month. This group is led by Jackie Engelhardt. Please email Martha at [mpatten@gleasonlibrary.org](mailto:mpatten@gleasonlibrary.org) or leave a message at (978) 369-4898 for the Zoom link to join the meeting.

### **French Conversation Group**

**Every Friday at 3 pm, Via Zoom**

Join French Conversation Group host, Daniel Métraux, weekly for a lovely mid-afternoon of French community and cultural connection. Francophones from every culture and fluency level are welcome. Daniel may include a special guest to add to the conversation. Email Daniel at [danmet13@gmail.com](mailto:danmet13@gmail.com) and he'll send you info on how to join.



### **Mini Memoir Project**

**Would you like to tell your story?** As a follow-up to our CHNA 15 grant, the Friends of the Carlisle Council on Aging will fund a small number of seniors to work in partnership with memoir consultant and journalist Nancy Shohet West. Since many seniors are still physically isolated, now seemed like a perfect time to talk with others about your story. Nancy will ask participating seniors to talk with their family members and close friends about the stories from their lives and think about which ones they would most like to commit to paper. After the participant has done their research they will have a 30-60 minute discussion with Nancy who will draft the account they give her and return it to the participant for further consideration. They will then have an opportunity to make minor edits or brief additions. The process will conclude with a short follow-up call with Nancy to finalize their mini-memoir. If this sounds interesting, email [asmith@carlislema.gov](mailto:asmith@carlislema.gov) to learn more; please note that the number of slots is limited.

### **Knitting in Service Society Via Zoom** **September 17 & October 15, 7:30 pm**



Want to enjoy the virtual company of other knitters (or folks who crochet), while knitting for this great cause? Knitting in Service Society (KISS) is a group who knit hats/scarves to benefit Boston's homeless through Common Cathedral, <http://commoncathedral.org/>. Email Joan Crooker, [crookerje@comcast.net](mailto:crookerje@comcast.net). Close to the meeting date, Joan will send you a Zoom link to join KISS virtually. A smart phone or a computer with a camera, mic and speakers is needed to Zoom.

### **Carlisle Farmers Market**



**Saturday  
8 am - Noon  
Kimball's - Rt 225**

The Carlisle Farmers Market is held every Saturday - starting on July 11 this year and running through Oct. 10 - from 8 am to noon at the Kimball Farm Ice Cream parking lot on Route 225.

[carlislefarmersmarket.org](http://carlislefarmersmarket.org)



## FOR YOUR HEALTH



### ONLINE EXERCISE CLASSES

Can be Viewed at Anytime on



To find links to our online exercise classes please visit:

<https://www.carlislema.gov/876/Things-To-Do>

### COA IN-PERSON EXERCISE CLASSES

@ the Carlisle Fire Station

**Please Note:** The pilot exercise program for Zumba, Line Dancing, Fitness & Cardio runs from Aug. 17 - Sept. 11. If the pilot program goes well, Tai Chi and SAMA will be added starting the week of Sept. 14<sup>th</sup>. Please call the COA at (978) 371-2895 to register and for fee info. If there is financial need, please inquire about a scholarship: Space is limited. **A face covering is required to participate.**

#### TUESDAYS

**Sept. 1, 8, 15, 22, 29 & Oct. 6, 13, 20, 27**

**Zumba Gold - 10:45 am.** Taught by Zumba Certified Instructor Katrina Rotondi. Come improve your strength and endurance

**Tai Chi - 12:30 pm.** Taught by Linda Sango. Helps with flexibility, strength & balance. **Please note: tentative start date Sept. 15.**

#### WEDNESDAYS

**Sept. 2, 9, 16, 23, 30 & Oct. 7, 14, 21, 28**

**Line Dancing - 1:45 pm.** No partner required. Lots of fun while providing an aerobic workout! Instructor: Katrina Rotondi.

#### THURSDAYS

**Sept. 3, 10, 17, 24 & Oct. 1, 8, 15, 22, 29**

**Fitness - 9:45 am.** Helps with bone building and balance. Great for all ability levels, may be done in a chair. Instructor: Katrina Rotondi.

**Cardio-Boost - 10:45 am.** Enjoy a heart-healthy, aerobic workout. Instructor: Katrina Rotondi.

#### FRIDAYS

**Sept. 18, 25 & Oct. 2, 9, 16, 23, 30**

**SAMA (Senior Approach to Maintaining Agility) - 10:45 am.** Class focuses on balance, strength and flexibility. Taught by Sarah Hanley.

### Carlisle COA Podiatry Clinic in Bedford

**Sept. 1 & 8, 9am-12pm and Sept. 14, 1-4pm**

The Carlisle COA Podiatry Clinic will be held in Dr. Ayleen Gregorian's Bedford office at 41 North Rd., Suite 202. Appointments will run every 15 minutes. The COA Podiatry Clinic fee is \$40; **Carlisle seniors will continue to pay \$25** because of the generosity of the Friends of the Carlisle Council on Aging, who will increase their subsidy to \$15. Please call the COA at (978) 371-2895 for an appointment and let us know if you need a ride. We ask all patients to please come in the building with their mask on at all times, covering both nose and mouth.



### SAMA

(Senior Approach to Maintaining Agility)

Taught by our Sensei Sarah Hanley of One Step Beyond Martial Arts Training Center. Sarah offers live virtual SAMA classes. The class focuses on balance, strength and flexibility, via Zoom. She has a full schedule of classes for adults



and children. The cost is \$15/class or a 10-class pass for \$100. For more details, email Sarah at [osbkarate@live.com](mailto:osbkarate@live.com).

### FREE Distant Reiki Healing

Reiki is an energy therapy that can help manage stress, reduce pain, ease anxiety and promote relaxation. If you have participated in one of the sessions that Elisabeth Bojarski has done or are very familiar with Reiki and you would like to try Distant Reiki Healing, contact Linda Cavallo-Murphy at (978) 371-2895 or [lcavallomurphy@carlislema.gov](mailto:lcavallomurphy@carlislema.gov). You will then be contacted by Reiki Master Elisabeth to discuss the process.

Reiki is not intended to be a substitute for the medical expertise and advice of your primary health care provider. Elisabeth Bojarski, a Carlisle resident, is a certified Reiki master and member of the Emerson Hospital Reiki Team.

### Haircuts on the Go!

**Sept. 14 & Oct. 26, By Appt.  
Carlisle Fire Station**



Suzanne Hickey & Georgia Triantafilles provide haircuts to seniors. Please rest assured that safety precautions will be in place (chairs and instruments cleaned between appointments, face shields, masks & gloves used, etc.). You are requested to wear a mask and remain in your car until contacted to enter. Fee: \$12 for a cut (+ tip, if you wish). Please call the COA at (978) 371-2895 for your appointment and more details.



# UPCOMING EVENTS

## *Brush Lettering Workshop*

**Thursday, November 5, 12, 19 & December 3, 4 pm, Via Zoom**



Are you interested in learning how to write in fancy calligraphy? Join local high school student Claire Sun for a weekly Zoom workshop (four sessions) to learn the basics and explore the exciting world of brush lettering. This course will cover fundamental techniques and take students through step-by-step instructions to create fun projects. Materials will be provided! This course is open to both beginners and experienced students.

A full kit of materials (including 3 brush pens and over 10 sheets of special paper) will be available at the Carlisle Council on Aging office for students to pick up prior to the start of the class. If you are unable to pick up from Town Hall for any reason, please contact [mfleurimond@carlislema.gov](mailto:mfleurimond@carlislema.gov) for an alternative pick-up/delivery arrangement.

Additionally, students may want to have scrap paper, a pencil & eraser, and other basic stationery items on hand for some of the projects. We'll talk more about what you need in the first class, so don't worry about this yet! Please contact the COA at (978) 371-2895 and leave your name, phone #, and email address to register and to receive your Zoom invitation. Space is limited. Preference given to Carlisle residents until October 29. Please note: date/time is subject to change due to instructor's school schedule which is still to be determined.

## **Musical Ventriloquist, Kevin Driscoll**

**Monday, November 9, 3:45-4:30 pm, Via Zoom**



How long has it been since you saw a ventriloquist? Wait no more! All Carlisleans are invited to a virtual afternoon of surprises and laughter. Berklee College of Music graduate Kevin Driscoll will engage us like no other entertainer. With a master's in education and 20+ years of teaching experience at the primary, secondary, college and graduate level, find out who the real dummy is. Audience participation, comedy plus loads of ventriloquism will have us all leave smiling!

Children ages 2 to 102 are invited to drum along with the Driscoll Drumming Dummies VIRTUALLY... using anything at home that you hit, shake, or scrape to make sound. So, join us on Zoom ready to make your own music at home.

If your family has a member who has memory issues, have them watch with you because they will likely recall cherished memories of watching the likes of Lamb Chop and Edgar Bergen on The Ed Sullivan Show. This program may help them recall cherished memories, connecting them to an important period in their lives.

To join in, just call the COA at (978) 371-2895 by November 6 at noon and we'll register you and email you the Zoom link. This unique program is funded by a grant from the Carlisle Cultural Council and the Massachusetts Cultural Council.



**Attention All Musicians/Singers:** With COVID-19 limiting programming, the Carlisle Council on Aging along with the Minuteman Media Network (MMN) are trying to put together a music program that would be available for viewing online and on MMN - Channel 8. Philip Lupsiewicz, Station Manager at MMN, is willing to help us put together a special collaboration of excerpts from pieces that musicians/singers put together. So, if you are willing, find your instrument, or practice those scales, possibly grab a family member and/or friend and make a recording via phone, camera or zoom of a song or piece of music (2-10 minutes long). You don't need to be a professional to participate, but, of course, they are welcome too! Know another musician and/or singer? Please encourage them to submit their own input. It should be something that we will all enjoy listening to and viewing. Please submit your video recording to: Philip Lupsiewicz, [plupsiewicz@concordma.gov](mailto:plupsiewicz@concordma.gov) and cc: Angela Smith, [asmith@carlislema.gov](mailto:asmith@carlislema.gov) at the Carlisle COA. Please note: a media release form will be sent to you to sign (if under 18, legal guardian signature required). Music and media release must be received by November 16, 2020. If you have any questions, please call Angela Smith, Carlisle COA Outreach & Program Manager at (978) 371-2895.



## SEPTEMBER 2020

SU	MON	TUE	WED	THU	FRI	SAT
		<b>1</b> Podiatry: By appt. Poetry Anew: 10:30am Zumba: 10:45 am Tai Chi: YouTube	<b>2</b> Chair Yoga: YouTube Line Dancing: 1:45 pm	<b>3</b> Fitness: 9:45 am Digital Coffee & Conversation: 10:30 am Cardio: 10:45 am	<b>4</b> Online Knitting: 10:15 am Zoom French Conversation Group: 3 pm	<b>5</b>
<b>6</b>	<b>7</b> <b>LABOR DAY</b> Town Hall & COA Closed	<b>8</b> Podiatry: By appt. Zumba: 10:45 am Tai Chi: YouTube	<b>9</b> Chair Yoga: YouTube Subs & Serenade: 11:30 am Line Dancing: 1:45 pm	<b>10</b> Fitness: 9:45 am Cardio: 10:45 am	<b>11</b> Zoom French Conversation Group: 3 pm	<b>12</b>
<b>13</b>	<b>14</b> Haircuts: By Appt. Podiatry: By Appt. Virtual Senior Moments: 9:30 am Online Book Club: 10:30 am Tap: YouTube	<b>15</b> Zumba: 10:45 am Tai Chi: 12:30pm	<b>16</b> Chair Yoga: YouTube Line Dancing: 1:45 pm	<b>17</b> Fitness: 9:45 am Digital Coffee & Conversation: 10:30 am Cardio: 10:45 am Virtual KISS: 7:30 pm	<b>18</b> SAMA: 10:30 am Zoom French Conversation Group: 3 pm	<b>19</b>
<b>20</b>	<b>21</b> Tap: YouTube	<b>22</b> Zumba: 10:45 am Tai Chi: 12:30pm	<b>23</b> Chair Yoga: YouTube Immigration—Part I: 1:30 pm Line Dancing: 1:45 pm	<b>24</b> Fitness: 9:45 am Cardio: 10:45 am	<b>25</b> SAMA: 10:30 am Zoom French Conversation Group: 3 pm	<b>26</b>
<b>27</b>	<b>28</b> Virtual Senior Moments: 9:30 am Tap: YouTube	<b>29</b> Zumba: 10:45 am Tai Chi: 12:30 pm	<b>30</b> Chair Yoga: YouTube Immigration—Part II: 1:30 pm Line Dancing: 1:45 pm			

## OCTOBER 2020

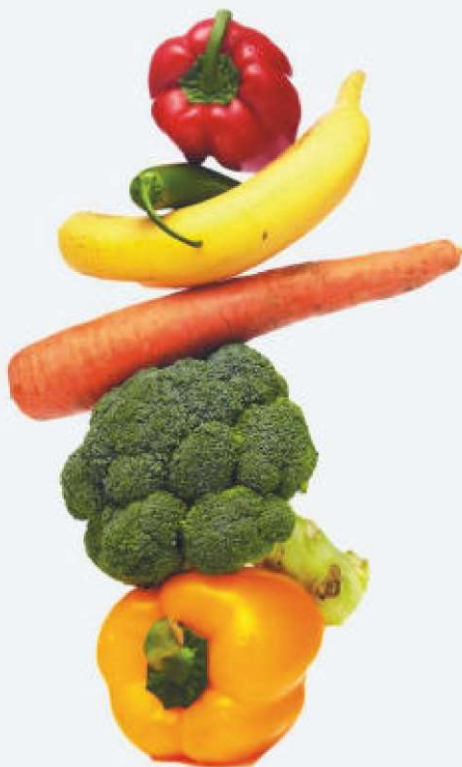
SU	MON	TUE	WED	THU	FRI	SAT
				<b>1</b> Fitness: 9:45 am Digital Coffee & Conversation: 10:30 am Cardio: 10:45 am	<b>2</b> Online Knitting: 10:15 am SAMA: 10:30 am Zoom French Conversation Group: 3 pm	<b>3</b>
<b>4</b>	<b>5</b> Online Book Club: 10:30 am MLK/JFK Talk: 1 pm, Tap: YouTube	<b>6</b> Poetry Anew: 10:30am Zumba: 10:45 am Tai Chi: 12:30 pm	<b>7</b> Chair Yoga: YouTube Line Dancing: 1:45 pm	<b>8</b> Fitness: 9:45 am Cardio: 10:45 am	<b>9</b> SAMA: 10:30 am Zoom French Conversation Group: 3 pm	<b>10</b>
<b>11</b>	<b>12</b> <b>HOLIDAY</b> Town Hall & COA Closed  Virtual Senior Moments: 9:30 am	<b>13</b> Zumba: 10:45 am Tai Chi: 12:30 pm	<b>14</b> Chair Yoga: YouTube Partners in Rhyme: 10:30am Line Dancing: 1:45 pm	<b>15</b> Fitness: 9:45 am Digital Coffee & Conversation: 10:30 am Cardio: 10:45 am	<b>16</b> SAMA: 10:30 am Zoom French Conversation Group: 3 pm	<b>17</b>
<b>18</b>	<b>19</b> Tap: YouTube	<b>20</b> Zumba: 10:45 am Tai Chi: 12:30 pm	<b>21</b> Chair Yoga: YouTube Jazz Classical Music: 1:30 pm Line Dancing: 1:45pm	<b>22</b> Fitness: 9:45 am Cardio: 10:45 am Virtual KISS: 7:30 pm	<b>23</b> SAMA: 10:30 am Zoom French Conversation Group: 3 pm	<b>24</b>
<b>25</b>	<b>26</b> Haircuts: By Appt. Virtual Senior Moments: 9:30 am Tap: YouTube	<b>27</b> Zumba: 10:45 am Tai Chi: 12:30 pm Medicare Open Enrollment Presentation: 2pm	<b>28</b> Chair Yoga: YouTube American Music of the 20th Century: 1:30 pm Line Dancing: 1:45 pm	<b>29</b> Fitness: 9:45 am Digital Coffee & Conversation: 10:30 am Cardio: 10:45 am	<b>30</b> SAMA: 10:30 am Zoom French Conversation Group: 3 pm	<b>31</b>

This newsletter is mailed in part with a grant from the Executive Office of Elder Affairs.  
Special thanks to the FOCCOA and the CC Community Chest for their support of COA programs  
and their assistance over the years.



## HELPFUL INFORMATION

### Nutrition Notes



Nutrition Notes Submitted by Michelle Kalish, Emerson Hospital Clinical Dietician

[NOTE: Nutrition Notes is a new feature of News You Can Use and Carlisle Connection. We are partnering with Emerson Hospital Clinical Dietician Michelle Kalish, MS, RD, LDN.]

What you should know about oil:

When sorting through old recipes that could use a heart healthy makeover, consider the fats you'll use. Butter, shortening, and coconut oil are high in saturated fat, a type of fat that can lead to increased risk of heart disease. Oils aside from coconut are high in unsaturated fat, which can improve heart health, including the ever-beloved olive oil. Use olive oil drizzled on salad or pasta after cooking, as a baking addition, or to sauté on lower heat settings. Canola, vegetable, and avocado oils are great for higher heat cooking, like frying. Sesame and peanut oils give food a nutty and lush scent. If you're watching your weight, be sure to remember that all fats, even oils, have a lot of calories in small amounts; enjoy in moderation to prevent pan sticking and make meals rich, moist, and satisfying.



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### **Fall 2020 Cultural Events on Zoom & Minuteman Media Network**

#### **Immigration with Jason Giannetti**

This two-part lecture on immigration will provide a grounding in the history of immigration in the U.S., explain the main forms of immigration to the U.S., and review some of the turbulent changes that immigration has faced in the past four years. Jason Giannetti is an immigration attorney based in Brookline, MA and he has been practicing for 17 years.

- Sept. 23, 1:30 pm: Part I - Historical Overview of U.S. Immigration Law and Policy
- Sept. 30, 1:30 pm: Part II - Immigration in the Age of Trump

#### **American Music of the 20th Century with Pianist Sivan Etedgee**

This two-part series on American music will explore the origins of jazz at the beginning of the 20<sup>th</sup> century and the classical composers who were inspired by this new art form. An overview of 100 years of American classical music will also be provided. Pianist Sivan Etedgee appears frequently as a recitalist, chamber musician, and lecturer, giving many performances and presentations each year to audiences ranging from young children to senior citizens. Sivan was educated at the University of NH, Boston University, and the Hartt School of Music.

- Oct. 21, 1:30 pm: Part I - Classical Music Inspired by Jazz.
- Oct. 28, 1:30 pm: Part II - American Music of the Twentieth Century

**To register for these live Zoom events, visit the Gleason Public Library website: <http://www.gleasonlibrary.org/>. Please register for each lecture separately.** If you have any questions about using Zoom, please email [info@gleasonlibrary.org](mailto:info@gleasonlibrary.org) or call (978) 369-4898.

#### **The Cold War with Gary Hylander**

The Cold War was a period of intense political and military tension between the United States and the Soviet Union. Learn about the flash points of the Cold War. Gary Hylander earned his PhD at Boston College and is now an independent scholar who specializes as a Presidential Historian. Dr. Hylander's Part I & Part II lectures on the Cold War are scheduled to be recorded on October 9 via Zoom. Please call the Library at (978) 369-4898 or the COA at (978) 371-2895 to receive the online links to these recordings once they become available.

**The Annual Fall Cultural Series is Sponsored by  
The Friends of the Council on Aging and The Friends of the Gleason Public Library**